

RESEARCH EVIDENCE FOR MAKING PROUD CHOICES! (MPC!)

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| Study Citation: | Jemmott, J. B., Jemmott, L. S., & Fong, G. T. (1998). Abstinence and safer sex HIV risk-reduction interventions for African American adolescents: A randomized controlled trial. <i>Journal of the American Medical Association</i> , 279(19), 1529–1536. |
| Study Setting: | Saturday program offered to students attending three middle schools in a low-income area of Philadelphia, PA |
| Study Sample: | African American adolescents in grades 6 and 7 <ul style="list-style-type: none"> • Mean age 11.8 years • 53% female and 47% male |
| Study Design: | Randomized controlled trial. In each participating school, study participants were randomly assigned to receive either the Making Proud Choices! program, the Making a Difference! program, or a control group that received a general health-promotion curriculum on diet, exercise, cancer awareness, and smoking. Surveys were administered immediately before the program (baseline), immediately after the program (posttest), and 3, 6, and 12 months after the program. |
| Study Rating: | The study met the review criteria for a high study rating. |
| Study Findings: | Three months after the program ended: <ul style="list-style-type: none"> • Adolescents participating in the intervention who were sexually experienced at baseline were significantly less likely to report having had unprotected sexual intercourse in the previous 3 months, and reported a lower frequency of unprotected sexual intercourse. • Program impacts on unprotected sexual intercourse were not statistically significant for youth who were sexually inexperienced at baseline. • The study found no statistically significant program impacts on overall rates of sexual intercourse or frequency of sexual intercourse. |
| | Six months after the program ended: <ul style="list-style-type: none"> • For adolescents who were sexually experienced at baseline, program impacts on the frequency of unprotected sexual intercourse remained statistically significant. • Program impacts on unprotected sexual intercourse were not statistically significant for youth who were sexually inexperienced at baseline. • The study found no statistically significant program impacts on overall rates of sexual intercourse or frequency of sexual intercourse. |

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| | <p>Twelve months after the program ended:</p> <ul style="list-style-type: none"> • For adolescents who were sexually experienced at baseline, program impacts on unprotected sexual intercourse remained statistically significant. • Program impacts on unprotected sexual intercourse were not statistically significant for youth who were sexually inexperienced at baseline. • The study found no statistically significant program impacts on overall rates of sexual intercourse or frequency of sexual intercourse. |
| | <p>Program impacts were also examined on measures of condom use consistency. Findings for these outcomes were not considered for the review because they did not meet the review evidence standards. Specifically, findings were reported only for subgroups of youth defined by sexual activity at follow up.</p> |
| | <p>The study also examined program impacts on attitudes toward abstinence, as well as condom use knowledge, skills, and beliefs. Findings for these outcomes were not considered for the review because they fell outside the scope of the review.</p> |

Last Updated: 05/31/12